



**Rise and Shine
Breakfast
Menu April**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 APR	2 APR	3 APR	4 APR	5 APR
	Apple Cinnamon Muffin	Apple Roll	Apple Juice	Apple Juice
	Soft Filled Cocoa Puff	Funnel Cake	Assorted Cereal	Assorted Cereal
	Orange Juice	Apple Juice	Assorted Frudels	Assorted Benefit Bars
	Assorted Cereal	Assorted Cereal	Assorted Poptarts	Mimi pancake
8 APR	9 APR	10 APR	11 APR	12 APR
Orange Juice	Apple Juice	Fruit Juice	Apple Juice	French Toast
Assorted Cereal	Assorted Cereal	Apple Sauce	Assorted Cereal	Mini Donut
Zee Zee Bars	Mini Waffles	Mini Donuts	Assorted Benefit Bars	Grape Juice
Breakfast Chicken Biscuit	Nature Valley Apple Cinnamon	Mini Pancake	Cheese Omelet	Assorted Cereal
15 APR	16 APR	17 APR	18 APR	19 APR
Orange Juice	Fruit Punch	Orange Juice	Apple Juice	Grape Juice
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Goody Ring	Apple Cinnamon Muffin	Apple Roll	Assorted Frudels	Benefit Bars
Sausage Egg Cheese Bagel	Soft Filled Coco Puff	Blueberry Pancake	Assorted Poptarts	Mini Strawberry Pancakes
22 APR	23 APR	24 APR	25 APR	26 APR
Orange Juice	Apple Juice	Apple Juice	Fruit Juice	Apple Juice
Assorted Cereal	Assorted Cereal	Assorted Cereal	Apple Sauce	Assorted Cereal
Goody Ring	Mini Waffles	Mini Pancake	Zee Zee Bar	Assorted Benefit Bars
Breakfast Chicken Biscuit	Nature Valley Apple Cinnamon	6 pack mini donuts	Dutch Waffle	French Toast
29 APR	30 APR			
Orange Juice	Grape Juice			
Bagged Apples	Oatmeal round			
Zee Zee Bar	Emoji waffle			
Chicken on a Biscuit				

Daily Fruit & Juice Options

Applesauce	Apple Juice
Diced Pears	Orange Juice
Mixed Fruit	Grape Juice
Fresh Apple	Fruit Punch
Fresh Orange	
Fresh Banana	

Daily Milk Options

1% White Milk
Fat Free Chocolate
Fat Free Vanilla
1% Strawberry



Chartiers High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 APR Pasta Bar BBQ Baked Beans	3 APR Chicken Nuggets Steamed Broccoli	4 APR Loaded French Fries Steamed Corn	5 APR Boneless Wings Steamed Carrots
8 APR Popcorn Chicken Bowl W/ Roll	9 APR Build Breakfast Bowl Your Choice of Eggs/Sausage/Tots French Toast Sticks or Waffle	10 APR Meat loaf Mashed Potatoes Corn Roll	11 APR Mac & Cheese Bowl	12 APR Boneless Wings Green Beans
15 APR Chicken Beef Fajita's Mexican Corn	16 APR Chicken Gravy Over Biscuit Peas	17 APR Buffalo Chicken Dip Over Nacho Chips	18 APR Perogies W/Roll Green Beans	19 APR Grilled Cheese Tomato Soup
22 APR Popcorn Chicken Bowl	23 APR Pasta Baked Pepperoni Roll	24 APR BBQ Chicken Dunkers Green Beans	25 APR Mac & Cheese Bowl	26 APR BBQ Chicken Sandwich BBQ Baked Beans
29 APR Steamed Dumplings Steamed Broccoli	30 APR Loaded Nacho's Steamed Carrots			Daily Italian Sub Cheeseburger Spicy Chicken French Fries or Tots

Daily Fruit and Vegetable Options

- Applesauce
- Diced Pears
- Mixed Fruit
- Fresh Apple
- Fresh Orange
- Fresh Banana
- Baby Carrots
- Cherry Tomatoes
- Celery Sticks
- Fresh Broccoli

Daily Cold Entree Options

- Peanut Butter & Jelly Sandwich
- Ham & Cheese Sandwich/ Wrap
- Turkey & Cheese Sandwich/ Wrap
- Italian Sandwich/ Wrap

Daily Pizza

- Cheese & Pepperoni**
- Monday Buffalo Chicken**
- Tuesday Chicken Bacon Ranch**
- Wednesday BBQ Chicken**
- Thursday White Pizza**
- Friday Chef Choice**

Daily Milk Options

- 1% White Milk
- Fat Free Chocolate
- Fat Free Vanilla
- 1% Strawberry